

Adult Providers

Finding Adult Providers Early



Will Help to Coordinate Your Healthcare

1. It is important to find your adult providers early on:
 - Ask your current providers for a referral
 - Look in the phone book
 - Call your insurance company
 - Check with your local support groups
 - Ask a Vocational Rehabilitation Counselor
 - Call large medical and rehabilitation centers
 - Ask friends who their providers are
2. Transfer your records so your new providers can coordinate your care with your pediatric providers
3. Have your first appointments with your new providers while you are still being seen at your old providers in case there are questions about your treatment and medications
4. Remember to ask questions- it's your body and you know it best



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